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Alumna Working to Make Athletic Trainers a Standard in Campus Recreation

July 1, 2020



Patient care has always been an aspect of athletic training that has drawn Jenna Morogiello ('17) to the field and now in her current role as the Coordinator of Injury Prevention and Care at Campus Recreation and Intramurals (CRI) at Georgia Southern University, she spends her time evaluating, diagnosing and treating patients that visit the clinic in addition to responding to injury calls the clinic may receive inside or outside of the facility.

Morogiello had two goals as she progressed through the master's program: 1. To work in a field she loved and 2. To publish her thesis research. When she decided to advance her education, she knew she wanted to attend a university where she would have the opportunity to learn about interpreting and producing research. In 2015, the New Jersey native headed south to Georgia to obtain her Master of Kinesiology with a concentration in Athletic Training at Georgia Southern. While working toward her graduate degree, Morogiello served as a Graduate Assistant Athletic Trainer for CRI.

"When I started my journey, I did not know much about working as an athletic trainer for recreational sports, but quickly fell in love with it. I felt welcomed into the CRI family and really enjoyed all of the content and skills I learned in my athletic training courses," stated Morogiello. "The graduate Athletic Training program taught me more than I ever imagined learning about interpreting and producing research. I knew that learning how to digest and reproduce research would be an essential skill set to better my clinical practice and to share my knowledge with the scientific community."

One of the biggest challenges regarding the athletic training field is the lack of knowledge regarding the skills and expertise athletic trainers can offer, therefore Morogiello has written extensively on this through the National Intramural-Recreational Sports Association (NIRSA). "I have worked hard to educate and advocate for athletic trainers and campus recreation at the local and national level. I am part of the Risk Management Committee for Campus Recreation and Intramurals and I am becoming more involved with NIRSA and the

National Athletic Trainers' Association (NATA). My mission is to have athletic trainers be the standard in campus recreation, rather than the exception."

Since graduating Morogiello has published several articles to include the following:

- "The Road Less Traveled: ATs in Campus Recreation" published in the *National Athletic Trainers' Association (NATA) News* April 2020
- "[Advancing Recreation: Athletic Trainers and Concussions](#)" published by *NIRSA: Leaders in Collegiate Recreation* June 2019
- "[Advancing Recreation: Athletic Trainers and Concussions](#)" republished by *Athletic Business* July 2019
- "[The Effect of Acute Pain on Executive Function](#)" by Jenna Morogiello, Nicholas Murray, Tamerah Hunt, Brandon Harris, Brian Szekely, and Georgia Shaver published in the *Journal of Clinical and Translational Research* August 2018

"I truly look forward to going into work each day and providing my patients with relief from their pain and disablement. There is nothing more satisfying than a look on a patient's face when he or she is able to be pain free and fully functional in a time frame they never thought was possible. This excitement is tenfold when my athletic training students provide the treatment they have learned through our rotation."

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Health Sciences and Kinesiology Students and Faculty Conduct Research on Peripheral Neuropathy

July 1, 2020

Under the guidance of Professor Li Li, Ph.D., Georgia Southern University graduate student Kelsey Lewis has spent the last year conducting research on peripheral neuropathy. Peripheral neuropathy is a condition that is a result of damage to the nerves outside an individual's brain and spinal cord which results in weakness, numbness and pain.

"Many people are not aware of peripheral neuropathy; therefore, they do not understand the consequences the condition has on balance and activities of daily living," stated Lewis. "Individuals with peripheral neuropathy are at an increased risk of falling."

As lead investigator, Lewis was responsible for recruiting participants, communicating with participants, scheduling testing sessions, collecting data and leading the research team throughout the study. The research team consisted of Li, Lewis, undergraduate exercise science student Austen Arnold and visiting scholar Mengzi Sun.

Arnold's interest in biomechanics led him to take notice in Lewis's research project and noted Lewis's leadership for his growth in research. "My responsibilities started off as more of a note taker, but as time progressed, I was given the opportunity to take on more aspects of the research," stated Aurnold.

Data was collected from individuals 65 years and older with a physician's diagnosis of peripheral neuropathy, diabetic neuropathy, diabetes, or healthy. Having multiple participant groups allowed for data comparison.

"Not knowing if an individual has the condition can have consequences," noted Li. "The consequences can be severe without early intervention as early intervention can slow down, or even reverse, the course of development of the symptoms and their underlying pathology. The benefits of early intervention would diminish with the development of the severe symptoms of the disease."

Data revealed many of the participants had early-stage peripheral neuropathy without even knowing they had the condition.

"By knowing where the individual is deficient, a rehabilitation program can be tailored to meet their needs," explained Lewis.

Results of the study were shared on May 12 during a virtual panel with research participants as well as members of the community.

After graduation, both Lewis and Arnold have opted to continue their education with Georgia Southern. Lewis began the Doctor of Physical Therapy program on the Armstrong Campus this past May and Arnold will begin his graduate studies in kinesiology this August on the Statesboro Campus.

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